



# Lamb Tikka Meatballs

with Garlic Basmati Rice

Discovery

Quick

25 Minutes



Ground Lamb



Tikka Sauce



Basmati Rice



Cashews



Sweet Bell Pepper



Panko Breadcrumbs



Indian Spice Mix



Shallot



Cream



Garlic, cloves



Cilantro

HELLO CASHEWS

*Rich and buttery, this versatile tree nut pairs perfectly with lamb!*

## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

## Bust out

Baking sheet, measuring spoons, medium pot, large bowl, parchment paper, measuring cups, large non-stick pan

## Ingredients

	2 Person	4 Person
Ground Lamb	250 g	500 g
Tikka Sauce	½ cup	1 cup
Basmati Rice	¾ cup	1 ½ cups
Cashews	28 g	56 g
Sweet Bell Pepper	160 g	320 g
Panko Breadcrumbs	¼ cup	½ cup
Indian Spice Mix	1 tbsp	2 tbsp
Shallot	50 g	100 g
Cream	56 ml	113 ml
Garlic, cloves	2	4
Cilantro	7 g	7 g
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F.

## Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

## Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



## Make garlic rice

Peel, then mince or grate **garlic**. Heat a medium pot over medium heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **rice** and **half the garlic**. Cook, stirring often, until fragrant, 2-3 min. Add **1 ¼ cups water** and **½ tsp salt** (dbl both for 4 ppl) and bring to a boil over high heat. Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove the pot from heat. Set aside, still covered.



## Cook peppers

While **meatballs** bake, heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **peppers**. Cook, stirring often, until tender-crisp, 3-4 min. Season with **salt and pepper**.



## Prep

While **rice** cooks, core, then cut **pepper** into ½-inch slices. Peel, then cut **shallot** into ¼-inch pieces. Roughly chop **cilantro**. Roughly chop **cashews**.



## Make tikka sauce

Add **remaining Indian Spice Mix** to the pan with **peppers**. Cook, stirring often, until fragrant, 30 sec. Reduce heat to low, then add **tikka sauce, cream** and **¼ cup water** (dbl for 4 ppl). Cook, stirring occasionally, until **sauce** is warmed through, 2-3 min. Add cooked **meatballs** to the pan with **sauce**. Toss to coat.



## Form and bake meatballs

Add **lamb, panko, shallots, remaining garlic** and **half the Indian Spice Mix** to a large bowl. Season with **salt**, then combine. (**TIP:** If you prefer a firmer meatball, add an egg to the mixture!) Roll **mixture** into **8 equal-sized meatballs** (16 for 4 ppl). Arrange **meatballs** on a parchment-lined baking sheet. Bake in the **middle** of the oven until golden-brown and cooked through, 8-10 min.\*\*



## Finish and serve

Fluff **rice** with a fork, then stir in **1 tbsp butter** (dbl for 4 ppl) and **half the cilantro**. Divide **rice** between plates. Top with **lamb meatballs** and **tikka sauce**. Sprinkle **cashews** and **remaining cilantro** over top.

## Dinner Solved!